

RECREATION FOR THE BLIND
REVISED EDITION
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RECREATION AND GAMES BOOK

C.N.I.B. - C.C.B.

QUIZZES

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Quizzes should be prepared in advance, and warning should be given the group so that they can study the subject if the type of quiz profitably admits preparation by the participants. A capable and personable Master of Ceremonies should be chosen, for it is he who will make any quiz a success. Be careful that the quiz be neither above nor beneath the intellect of the contestants.

Three favourite types of quizzes are to ask questions of individuals, teams or panels. For a panel quiz, the audience should be given the answer to all questions asked the panel. The more people who can be brought into the quiz, the less likely it is that the audience will become bored.

Many radio and television quiz games can be used in social gatherings. "Twenty Questions", "Who Am I?", "What's My Line?", "I have A Secret" and "Truth or Consequences", are examples. Watch for other radio and television quiz games that will interest and amuse your group.

"Cultural quizzes" demand considerable knowledge from contestants. Such quizzes might be based on geography, books, music, politics, etc. Contestants should be allowed to prepare for these quizzes, for such preparation is stimulating both before and during the quiz.

The "Seasonal" Quiz is based on occasions such as Christmas, Valentine's Day, Easter and Thanksgiving".

Other special subject quizzes might deal with birds, beasts, flowers, fish, vegetables, etc. A good approach is to have contestants name various items beginning with the same letter, e.g., vegetables, etc. A good approach is to have contestants name various items beginning with the same letter, e.g., vegetables beginning with the letter C.

CULTURAL ACTIVITIES

A number of educational and cultural activities are listed below. This list is intended solely as a guide; we hope that any interested group will proceed from this list to develop its own cultural activities of whatever type seems most feasible and desirable.

READING:

1. Volunteer readers reading articles from popular magazines or journals.
2. Read, study and discuss a specific period in the history of your country or of another that interests the group.
3. Read and discuss the works of a favourite author or of a group of authors who wrote in the same period or style; who expressed similar or contrasting views on life and humanity.

4. Read and study about a particularly interesting area of the world, and examine what effects geography has on the people who live there.
5. Read, discuss and compare the poetry of one or several poets.

MUSIC APPRECIATION:

1. Follow Music Appreciation courses.
2. Organize a group to listen to music.
3. Organize a glee club or choir.
4. Discuss composers, their styles and innovations in the field of music.
5. Study various types of music.
6. Study the growth of music.
7. Study the life and work of a favourite composer.

DISCUSSION GROUPS, a satisfactory method of investigating any subject:

1. Discuss literature, its impact on and importance for the world.
2. The United Nations and its importance for the world to-day and in the future.
3. Movies and their impact on morality.
4. Music.
5. Travel.

PUBLIC SPEAKING:

1. Organize classes led by a qualified instructor who may be available from a local education centre.
2. Hold debates or oratorical contests within your group or between your group and another group.
3. Study diction and voice training.

DRAMA:

1. Read and study plays to discover what goes to make good drama.
2. Arrange a series of brief impersonations with enough historical background to make the impersonation a kind of charade which the audience can guess.
3. Try informal dramatizations of short plays.
4. Try writing and producing your own short plays or write and produce short skits.
5. Dramatize a well-known short story.
6. Hold a mock trial.

DANCING:

Learn and participate in folk dancing, square dancing and modern ballroom dancing.

Attendance at movies, plays, band and orchestral concerts can be instructive and entertaining for your group, especially if the event is followed by a group discussion of what was seen and heard.

MIXERS

At the beginning of an evening, it is good to have activities which will get people acquainted with one another, and "Break the ice" of strangeness. The following three games will serve this purpose.

HANDSHAKE

As the guests arrive, furnish one-quarter of them with a dime each. When all guests have arrived, announce that certain guests are carrying dimes, which they will give to the tenth person who shakes hands with them. Let everyone shake hands for a time, then have those who now have the dimes reveal themselves.

THE "NO" ICE BREAKER

Furnish each guest with an envelope containing 10 beans or paper clips. Tell all guests that anyone who uses the word "No", to another, must give the other one object from his envelope. A person may gain beans or clips by tricking others into saying "No". The person who has the most beans at the close of the party is the winner.

ODD OR EVEN

Give each guest 10 beans as he enters. A person places a number of beans in his right hand, then asks another: "Is the number of beans in my hand odd or even?" If the second player answers rightly, he acquires the beans; if not, he forfeits the number of beans held by the first player. When a player loses all his beans, he may no longer play. The person with the most beans at the end of the evening is the winner.

INDOOR GAMES

TREASURE TRUNK

The players sit in a circle, and the first player begins by saying: "In my father's trunk I put an axe." The first player may name any article beginning with A and repeats what the first said, and adds an article beginning with the second letter of the alphabet, e.g., "In my father's trunk I put an axe and a boot." The third player repeats the words of the preceding player and adds an article commencing with the third letter of the alphabet, e.g., "In my father's trunk I put an axe, a boot and a cap." Thus, each player repeats, in alphabetical order, the articles already named, and adds an article beginning with the ~~next~~ letter of the alphabet.

A player is eliminated, or has a point scored against him when he fails to name the articles in their proper sequence, or names an article too large to fit in a trunk.

SPELLING GAME

The players are arranged in order. The first player names a letter of the alphabet, and each player, in turn, adds a letter, attempting to build a word but not to complete it. The player manoeuvred into completing a word is eliminated. If a player cannot conceive a word commencing with the letter given, he may challenge the previous player, who must correctly spell the word or be eliminated. However, if the word is spelled rightly, the challenger is eliminated. When any player is eliminated, the next player must begin a new word.

With smaller groups, it is better to award points rather than to eliminate players. The first player to acquire four points loses the game.

HEE-HAW

Players sit in a circle. They then begin to count, in turn, substituting "Hee-Haw" for the word seven, and for every number divisible by seven. Any player making an error must thereafter say "Hee-Haw" before any number he gives.

Variation: The direction of play may be reversed after each Hee-Haw, e.g., if counting were going to the right, it would go to the left at the first Hee-Haw, which would be in place of seven. The counting itself does not reverse, but continues upward. Thus, after the first Hee-Haw, the person who had said six would say eight, and the one who had said five would say nine, and so on till the next Hee-Haw, when play would again go to the right, with the person who had said thirteen saying fifteen.

WORD ASSOCIATION

Players sit in a circle. The first player chooses a word, and the next player names a word he associates with the first word. The third player names a word he associates with the preceding player's word, and so on till all have named a word. Then the leader calls, "Reverse" and each player gives the word of the player who preceded him. A player who gives a wrong word is eliminated or has a point scored against him.

ENDLESS STORY CHAIN

The first player begins a story - no matter about what-- lasting for no more than a minute. He must not end the story, but, instead, must touch the person next to him who will then continue the story until he decides a third person should continue. Everyone must add to the story, but only the last player may end it.

GEOGRAPHY MATCH

A player names a city, town, country, state, province, or body of water, The next player must chose anything from these categories but the last letter of the preceding name must be the first letter of the next name. The game goes thus until a winner is declared. Contestants who cannot furnish correct names are eliminated. This game can be altered for team contests. Names ending in X or Z should be forbidden, since few names beginning with those letters will be known.

Tall Tales

Each player is given equal time to tell a tall and imaginary tale. The winner is determined from applause or a show of hands.

MYSTERY PRIZE SHUFFLE

Prepare several wrapped prizes of which one is marked, "Mystery Prize". A time limit is set for the game, The leader calls out a number. Each player is allowed to throw a pair of dice once. When the number cast is the number called, that player may take a prize, pass the dice to the next player, and call a new number. The game continues as before.

All prizes, except the mystery prize, must be opened when chosen. Winners may choose any prize whether it is held by a player who has already won it, or is still wrapped, and has not yet been won. This includes the mystery prize.

When the time limit of the game expires, those who have prizes retain them, and the person holding the mystery prize opens it for all to see.

PASSING THE BUCK

Players stand close together in a circle. To the music of a piano, a cushion is passed quickly from player to player. The pianist stops playing frequently, and the person holding the cushion when the music stops is eliminated. The game goes thus until one person remains who is the winner.

This game is a variation of musical chairs, but is easier to play for the blind. Other objects than a cushion may be used such as a gift, at Christmas, a small pumpkin at Halloween or a prize for the winner.

TIPIT

Players are divided into an even number of small teams. Two teams sit at a table facing each other. One team is given a coin or button which is passed, under the table, from player to player. When a player from the opposing team believes he knows who holds the coin, he calls "Show"

names a player who must, thereupon, open his hand.

If the coin is revealed, it is given to the opposing team, which is also awarded a point. If the coin is not revealed, the team with the coin receives a point, and resumes passing the coin under the table. If, after three tries, the coin is not discovered, it is passed across the table. The team receiving the coin begins passing it under the table, and the other team guesses where the coin is. The first team to win five points wins the game.

SHOPPING

Players are arranged in two teams. The leader informs one team: "I went to a hardware store and bought R." That team must then name an article beginning with the letter of the alphabet given by the leader and sold in the type of store named by the leader, i.e., rasp. The leader then gives the other team a similar sentence. The leader should vary the type of store and the letter of the alphabet. The team giving the most correct answers wins the game.

A TO Z

Form two equal teams. The first player of the first team names an animal beginning with the letter A, then the first player of the second team does likewise. The second player of the first team names an animal beginning with the letter B, and the second player of the second team does likewise. Play continues thus until the alphabet is completed. The first player continues on from the letter used by the last player of the team. Answers must be quick, and a player unable to answer receives a point.

The team with the fewest points wins.

Cities, countries, articles of clothing, and furniture may be substituted for animals in this game.

I.Q. TEST

Here are some brain teasers taken from an I.Q. test. give each small team a copy, or ask individuals different questions from the following list.

1. Liver is to onions as ham is to - - -
2. Give the next numbers in this series: 4,3,5,7 - - -
3. Piano is to play as book is to - - -
4. Cow is to barn as man is to - - -
5. Give the next number in this series: 33, 44, 55, 66
6. And in this series: 90, 85, 75,60,40, - - -
7. And this: 18, 24, 21, 27, 24, 30, - - -
8. Thread is to cloth as wire is to - - -
9. What letter is next in this series: A, C, G. I, - - -
10. And this: A, C, b, B, S, E, G, - - -
11. What letter does not belong in this group:
Z, W, B, X, Y, Z, - - -
12. Bird is to fish as aeroplane is to - - -
13. Give the next two numbers in this series: 18, 12,
15, 10, 12, 8, - - -
14. Give the next two numbers in this series: 9,7,8,
6,7,5,
15. Bleak is to black as leak is to - - -
16. Give the next letter in this series: A,C,F.

BINGO BRIDGE

At each table place four players furnished with a deck of cards. Furnish the leader with a deck of cards. One player at each table shuffles the cards, and deals them to his table as for a game of bridge. The leader shuffles his deck, selects cards from it at random, and calls their value and suit. Players discard from their hands every card called by the leader. The player whose hand is first discarded calls "Bingo", and wins the game.

If the group is small, one deck may be divided among the group.

POLITE CONVERSATION

Two contestants are sent from the room, and the group selects, and writes on slips of paper, two unrelated sentences. The contestants are then recalled, and each is given one of the sentences.

The contestants are told to imagine they are strangers sitting down in a restaurant, and that they must converse politely. Each contestant tries to work his sentence into the conversation without the other guessing it is the sentence on the slip of paper. When a contestant suspects his opponent has used the written sentence, he stops the conversation and repeats the suspect sentence. If it is not, the conversation is continued.

THE TEMPLE TRICK

A player leaves the room, and the group chooses a number. The player re-enters the room and places his hands upon the temples of several of the group, of which one is a confederate aware of the mechanism of the trick. The confederate slightly clenches his teeth, which will dilate his temple enough to be felt by the hands. The confederate clenches his teeth once for the number one, twice for two, and so on up to ten clenches for zero. The player counts his confederate's clenches to learn the number chosen by the group, and reveals the number while his hands are on someone else's head so as not to disclose his confederate.

YOU SAID IT

The leader should prepare, in advance, a short two or three paragraph story with blanks wherever an adjective could be used. When the fun is to begin, each person is asked to furnish an adjective which the leader writes into a blank as the adjective is given. When the blanks are filled, the story is read aloud. Since none knows what noun his adjective will modify, the chance combinations are often extremely comic.

ONE MINUTE TO GO

The leader names a player and a letter from the alphabet (not X), and, at a signal from the leader, the player names every word he can beginning with the letter assigned by the leader. The player is allowed ten seconds to think, and one minute to name all the words he can. The leader repeats the procedure with each person playing, but uses different letters for each player. The number of words named by each player should be recorded, and the one with the most words wins. No plurals or variations of the same word are allowed.

MEMORY TEST.

Prepare a list of 15 or more related items. Read the list twice to the group, then ask each person, in turn, to name as many of the items as he can. Mention of an item not on the list disqualifies a player. He who correctly names the most items wins the contest.

For example, a list might be made of things relating to Christmas, such as: Holly, Santa, chimney, turkey, sleigh, reindeer, etc.

SHARP SHOOTING

On a table 6 to 8 feet long, draw a line across the table 6 inches from each end of the table. From behind the line at one end of the table, a player shoots 6 croquinoie buttons, one after the other, down the table. A point is awarded for every button which goes over the line at the other end of the table, but not off the table. This game can be played by teams or individuals.

PANBALL

Place large dishpan 6 feet in front of a chair. A player sits on the chair and tries to bounce, not throw, a football into the dishpan. Each player is allowed 5 tries, and a point is awarded every time the ball stays in the dishpan. The leader should tap the dishpan to orient the blind.

IT'S IN THE BOWL

Place the handle of the first teaspoon well under the bowl of a second teaspoon along a straight line. Place a small bowl 4 inches to the left of the bowl of the second spoon. By pressing sharply on the bowl of the first spoon, flip the second spoon into the bowl. Award a point each time a player succeeds, and allow each player 5 chances.

WUMP

From a dictionary, the leader chooses a word and reads its definition to the group. Whenever the chosen word occurs in the definition, the leader uses the word, "Wump" instead of naming the word. After the definition is read, each player, in turn, tries to guess the word defined. After each correct guess, another word is chosen. A point is awarded for each correct guess.

EARTH, AIR, FIRE OR WATER

The leader indicates a player by name, and says one of these four words: Earth, air, fire, water. Within five seconds, the player named must call out something

that travels in earth, air, fire or water, depending on which of these the first player specified. A player who responds correctly within the time limit must name another player and one of the four words to which the other is to respond. However, no player must ever respond to the word Fire.

Players are eliminated if they respond to the word fire, if they repeat the response of another player, and if they do not respond to the words air, earth, water within five seconds. When only one player remains uneliminated, he wins the game.

QUOTATION QUIZ

Arrange the players in order. The leader gives the first part of a quotation, and asks each player, in turn, to complete the quotation. When a quotation is correctly completed, the leader chooses another quotation for the following player to complete, and so on.

A player is eliminated when he cannot correctly complete a quotation. When only one player is left, he is the winner.

Here are some quotations that can be used; others should also be chosen. The portion of the quotation following the dash is the portion to be completed by the contestant.

"The curfew tolls the knell - - of parting day".

"Give me liberty - - or give me death".

"Hope springs eternal - - in the human breast".

"They also serve - - who only stand and wait".

"To be or not to be - - that is the question".

"Quoth the raven - - never more".

"The paths of glory - - lead but to the grave".

A variation of this game is to have contestants complete well-known advertising slogans by naming the product whose slogan is given, such as the slogan for Wheaties: "Breakfast of Champions". One evening with a television set will suggest many more to you.

WHAT DROPPED

The players form a line behind which the leader stands and drops unbreakable articles - a shoe, potato, penny, bottle cap, pencil, cushion, etc. - on the floor. From the sound of each article dropped, players try to identify what dropped. The player who identifies correctly the greatest number of articles, wins the game.

SPOOLING

Players are divided into couples. Each couple is given an empty spool, and a spool of thread. At a signal, those with empty spools wind the thread from their partner's spool as fast as possible. After 30 seconds, the couple which has transferred the most thread to the empty spool wins.

SNIFFING GAME

Players must identify, by smell only, various substances such as: nail polish, vinegar, spices, cologne, turpentine, etc. The player identifying the greatest number of substances wins the game.

CLEAR THE LINE

A line is strung between two chairs three feet apart. Fifteen pinch-type clothes pegs are placed on the line. A player, using one hand only, removes the pegs from the line without dropping any. The player who removes the most pegs without dropping one is the winner.

For large groups, several lines should be strung.

THE HAT GAME

Place a man's hat on the floor. From a distance of seven feet, a player throws ten cards, one at a time, selected from a shuffled deck of playing cards. Points are awarded on the basis of the number of cards thrown into the hat, or on the value of the cards in the hat. The floor may be tapped behind the hat to orient the blind.

INDENTIFICATION

Players are arranged in a circle. One player is blindfolded. He walks among the players and chooses one whom he directs to make a noise, any noise, squeak, bark, sing, etc. The player making a noise may disguise his voice. The blindfolded player has two guesses at the identity of the player making the noise. If he guesses the player's name, the detected player assumes the blindfold; if the guesses are wrong, the blindfolded one must try again.

PIN THE TAIL ON DONKEY

A picture of a donkey is mounted on a board. A player is blindfolded, and given a paper tail with a tack in the end of it. The player is spun about several times, and pointed toward the donkey on which he tacks the paper tail. The player placing the tail nearest the appropriate spot on the donkey wins the game.

HOW DO YOU FEEL

Give each player a paper bag containing objects of similar shape and texture such as small bits of: Soap, wax, modelling clay, bread, art gum, etc. The leader calls out the articles, and the players must produce the article called within 20 seconds and, if this is done, drop the article on the floor. If it is not done, the article must stay in the bag unless it is called again. The first player to empty his bag wins the game.

If it is more convenient, only one bag may be prepared and passed among the contestants, who are required to identify the contents. The player correctly identifying the most articles wins.

NUTS TO YOU

Start players in two equal teams facing each other. Place a bowl beside the first and last player on each team. Place 12 nuts in the bowl beside the first player of each team. The first player of each team picks the nuts, one at a time, from the bowl beside him. The nuts are passed from one player to the next, and the last player drops each nut, as it

is received, into the bowl beside him until all the nuts are in the last player's bowl. The last player then begins to pass the nuts back until all are in the first player's bowl. The team which first completes the cycle wins the game.

A player who drops a nut must retrieve it before he may pass another.

Variation: A player may not take a nut from the bowl until the preceding nut has been dropped into the bowl at the opposite end. The player dropping the nut cries, "Nuts", to signal that the next nut may be picked up.

DOGS AND CATS

Players form a line. The player at one end is given a book, and the player at the other end is given another small object such as a pen. The player with the pen hands it to his neighbour, and says, "The dog is dead". His neighbour inquires, "What dog"? "The black dog". replies the first, and hands the pen to the second player who, thereupon, informs the next player that the dog is dead, and is questioned as to what dog is dead. The second player must ask the first, "What dog"? and the first must answer, "The black dog", before the second player may answer the third and hand on the pen. The pen may be passed only after answering the question: "What dog"? But the player with the pen cannot answer this question until the question is repeated from player to player back to the first player, who, alone, may answer the question. The answer is then repeated from player to player, back to the player with the pen, and only then, can the player with the pen answer the question and pass the pen.

The player with the book informs his neighbour, "The cat is dead". "What cat"? asks the second player. "The white cat", replies the first player, and hands on the book, which is passed down the line as is the pen, but using the words indicated above.

When the two objects meet and pass each other, it requires an alert player to keep the questions and answers going both ways.

ALPHABET BASEBALL

Lay out a small ball diamond with chairs to mark the bases, plate and mound. Arrange players in two teams. A country is chosen whose cities are well known. The pitcher and catcher of the team in the field take their places, and the team at bat sends its first player to the plate. The pitcher calls a letter of the alphabet, and the catcher quickly counts to ten. The batter must name a city beginning with the letter named by the pitcher, and situated in the country previously chosen before the catcher reaches ten, or the batter is out. If the batter responds correctly before the catcher is finished, the batter is given a hit and advances to first base. Additional hits will push runners across the plate. The third out retires the team and, the other team comes to bat. Any number of innings may be played, and the rules of baseball should be observed as closely as possible.

Variation: The names of animals or vegetables may be used instead of cities.

BOWLING

Use 5 Indian clubs for bowling pins, but set them furtler apart, for a basket ball is used instead of a bowling ball. Place the player 20 to 25 feet in front of the pins, and have someone behind the pins clap his hands to orient the blind. Score as in bowling, or give a point for every pin knocked down in three throws.

NOVELTY DANCES

NAME DANCE

Girls form a circle around which boys form an outer circle. They face each other. At a signal, boys and girls shake hands and exchange names. Boys move to the right shaking hands and exchanging names until a boy meets a girl whose first name begins with the same initial as his own. When couples with the same first initial meet, they step from the circle and are partners for the coming dance.

LOTTERY DANCE

Cut a blue slip of paper for each boy, and a pink slip for each girl and a number of white slips of paper. Put a different number on each blue slip; copy the same numbers on the pink and the white slips, so that there is one pink, blue and white slip for each number. Have each boy draw a blue slip, and each girl a pink one. Ask everyone to keep his number secret. The master of ceremonies draws the white slips at random, calls out the number, and the boy and girl holding that number come to the centre of the floor to be partners for the next dance.

Variation: Ask the dancers to hold their numbers for the evening and, when an elimination dance is desired, have the master of ceremonies draw a white slip each time the music stops. Each girl holding a number drawn must leave the floor with her partner. The last couple on the floor wins a prize.

STATUE DANCE

Play a lively dance tune, and stop the music often. Everyone must freeze in whatever position he is when the music stops.

JACKET DANCE

Stop the music often. When the music stops, the boy must put his jacket on his partner; when the music stops again, the girl must put the jacket on the boy, and so on. The last person to put the jacket completely on is eliminated. The last couple on the floor wins a prize.

SPOT DANCE

Choose a spot on the dance floor, and keep its location secret. When the particular dance ends, reveal the spot, and award a prize to the couple closest to the spot.

TWT/rm.

PICNICS

The purpose of a good picnic is to bring people together in the fresh air to enjoy one another's company. No age group must be overlooked. A successful picnic requires a great deal of careful planning. It is important that the best leaders be placed on the committees responsible for the organization and execution of the picnic programme. Here are some suggestions which may help when you plan your next big picnic.

1. Appoint committees responsible for clearly defined segments of the programme, and check the progress of the committees.
2. See that everyone you wish to come knows the time and place of the picnic well in advance.
3. Provide arm bands for those who are to lead activities. Badges or arm bands will identify those who are in charge.
4. Give name tags to the blind so that the seeing may refer to them by name.
5. Give the partially sighted coloured arm bands or tags so that the sighted helpers will distinguish the partially sighted from the totally blind.
6. Provide plenty of good drinking water.
7. See that there are adequate toilet facilities.
8. Arrange for shelter should it rain, and have an alternate programme should it rain.
9. Have a first aid kit with someone who knows how to use it.
10. In activities for children, award all participants a prize, however small. Often, competition has little meaning for them.
11. Place as many chairs as possible in shaded areas.

12. If any speeches must be made, keep them short.

13. Keep the programme moving briskly to offset boredom. A short and interesting programme is preferable to long programmes which are apt to grow tedious.

14. Acquaint as many people as you can with one another.

A picnic would hardly be complete without guessing games, which are enjoyed by the young and the old alike. Guessing contests such as: How many seeds in a pumpkin, how many kernels on an ear of corn, how many feet in a ball of string, how many beans in a jar, how many cups of water in a pail, or the weight of a large stone - will divert those who do not care to participate in more active games.

At the end of the programme, prizes may be awarded for such humorous contests as: Largest family present, person who came farthest, oldest person present, couple married the longest, and for the tallest person present.

OUTDOOR GAMES

THE STANDING BROAD JUMP

Using sawdust, sand or soft earth, make a jumping pit 10 feet long and from 3 to $3\frac{1}{2}$ feet wide. Six inches from one end of the pit, spike a board firmly to the ground. Standing on the board, the contestant jumps as far as he can into the pit. Measure from the front of the board to the nearest heelprint of the contestant. Should any part of the contestant's body touch the ground behind his heels, that mark is taken rather than his heelprint. The contestant is allowed three tries, and only his best jump is recorded for his competition. He who jumps farthest wins the competition.

THE HIGH JUMP

Borrow high jump stands and bar from a willing school or Y.M.C.A. Place the bar in the lowest notch of each stand. From a standing position, contestants try to jump over the bar without dislodging it; each contestant has three tries. If a contestant dislodges the bar three times in a row, he is eliminated; if he jumps the bar in one of his three tries, the bar is raised an inch, and remaining contestants try again. The bar is raised until one contestant remains. He is the winner.

BASEBALL THROW

From a given point, each player throws a baseball, overhand, as far in front of him as possible. Measure from where the player stood to where the ball first touched ground. The longest throw wins.

ROLLING-PIN THROW

Stuff an old pillow slip with grass or newspaper. Paint the pillow slip to look like a man. Put an old hat on its head, and a pipe in its mouth. Sit it in a chair. From a distance of 15 feet, allow each woman to throw a rolling-pin three times at the dummy. Award a point each time the dummy is solidly hit. The woman with the most points wins.

BEANBAG THROW

To a three-foot square board, nail, through their bottoms, 21 three-pound jam or honey pails: 1 in the top row, 2 in the second, 3 in the third, 4 in the fourth, 5 in the fifth, and

6 in the bottom row. Put 4 ounces of beans in each of 7, 6 by 4 inch cotton bags. Place the board in a chair with the longest row of pails at the bottom, and tilt the board away from the person throwing the beanbags.

Each contestant stands 10 feet in front of the board, and throws the 7 beanbags, one at a time, into the open pails. Award a point for each bag which stays in a pail, or you may award one point for each bag thrown into the bottom row, 2 points for each bag in the fifth row, and so on to 6 points for a bag in the top pail.

THREE-LEGGED RACE

Players are arranged in pairs along a starting line. With a handkerchief or short cord, tie the left leg of one player to the right leg of the player on his left. Tie the cord just above the ankles. At a signal, couples run to a goal line 20 yards away. First over the line wins the race.

Blind players should be paired with one who can see.

ELBOW TUG-OF-WAR

Arrange players in two teams of 6 to 10 men each. The teams stand back to back, and alternate the players of one team with those of the other, so that no two players of one team stand together. Players now link elbows with those on either side of them, and, at a signal, each team pulls forward, trying to pull the other team over the goal line which is ten feet in front of each team. The first team to pull the other completely over the line wins the game.

THROUGH THE TUNNEL

Form teams of 8 to 10 players each. Players stand one behind the other, and spread their feet wide apart. The player at the head of the line rolls a basketball back through the other players' legs to the last player, who catches the ball, and comes with it to the head of the line, and rolls the ball back. The game goes thus, the 1st player coming to the head of the line, until the players stand in their original order. The first team to do so wins.

BUCKET BRIGADE

Players form teams of 8 to 10 players each. With his right hand, each player grasps the left hand of the player on his right. Four beanbags are given to the first player of each team. Each bag must be passed from player to player down the line, and dropped by the last player, who calls, "Drop", to signal the first player to start the next bag. Players' hands must not break contact during the game, and, if a bag is dropped, the whole team must bend down to enable the player to pick up the bag without breaking contact. The first team to pass the 4 bags to the other end wins.

CENTIPEDE RACE

Form teams of 6 to 10 players each. Players of each team stand, one behind the other, with their hands on the shoulders of the player in front of them. A spot is marked 10 yards in front of each team. At a signal, the team runs, hands on one another's shoulders, to the marked spot, around it, and back to the starting line. The first team to return to the starting line wins.

A person with sight should lead each team.

SHOE KICK

Players are arranged along a line. Each player loosens one shoe. At a signal, players kick the loosened shoe as far as possible. The person whose shoe travels farthest straight in front of him wins.

HIGH KICK

Each player kicks as high as he can. The height of his kick is measured, and the player who kicks the highest wins.

WHITE CANE OBSTACLE RACE

Rope off a long, rectangular area. Within the area, scatter obstacles such as: Chairs, soft drink cases and waste baskets. Each contestant, in turn, stands within, and at one end of, the area, and, using a white cane, tries to walk to the other end without touching any of the obstacles with any part of his body. A point is awarded each time a contestant touches an obstacle with anything other than his cane. The contestant with the fewest points wins.

Participants with some sight should be blindfolded.

HUMAN HORSE RACE

Two blindfolded players stand side by side. With his right hand, one player takes the left hand of the player on his right. A third person, with some sight, stands behind the blindfolded players, and takes their free hands. At a signal, the third person guides the first two, using their hands as reins. The trio must run to a goal 20 feet away, around it,

and back to the starting line. The team which first makes^{7.}
the circuit wins the race.

As many three-man teams can be used as desired.

STUNT ACTIVITIES

MEET THE PRESS

Give each player a double sheet of newspaper. With one hand a player grasps a corner of the paper; the other hand must be kept behind the back. At a signal, players, using one hand, begin to crumple the paper they hold into as small a ball as possible. One minute after the signal, the contest stops, and the player with the smallest ball of paper wins.

SPRING MILLINERY

Each lady is asked to bring an old hat she no longer needs. Put each hat in a paper bag. All ladies stand in a circle, each holding the bag containing her hat. To music, if possible, the bags are passed to the right. The music stops, often, and each time it stops, players look in the bag they are holding. Those who like the hat they find may retire from the circle with the hat. Those who wish to try for a better hat remain in the circle and the music begins again. When everyone is content with her hat, all players stand in line with their hats on, and a prize is given for the funniest and the most becoming chapeau.

PAPER BAG RELAY

Arrange players in two teams. Give each player a new paper bag. At a signal, the leader of each team opens his

bag, blows it full of air, and bursts it, upon which the second player of each team immediately opens his bag, blows it full, and bursts it, and so on to the last player of the team. The first team with all its bags burst wins.

Sighted referees should make certain that every bag is blown to its full capacity before it is burst.

BALLOON BURSTING

Give each player a balloon. At a signal, each blows up his balloon until it bursts. He whose balloon first bursts wins.

This contest may be undertaken by teams. In that event, the first team with all its balloons burst wins.

ORANGE RELAY

Form teams of 5 or 6 players each. The players of each team stand side by side, and the leader of each team is given an orange. At a signal, each leader puts the orange under his chin, and, without using his hands, passes the orange from his chin to the chin of the second player, who takes it with his chin and without using his hands. The orange is passed thus to the end of the team. The first team to pass the orange to the other end wins the relay.

If the orange is dropped, it may be replaced with the hands, but must be passed on in the usual manner by the player who dropped it.

TIE-TYING CONTEST

Pair each man with a woman. At a signal, every man unties his tie and gives it to his partner. She must tie the tie, in a neat knot, around the man's neck. The woman who first does so wins a prize for herself and her partner.

"DISCUS" THROW

Each contestant is given a paper plate which he throws as far in front of him as possible. The length of the throw is measured, and the contestant who throws the plate farthest wins.

An underhand throw achieves better results.

VOCAL CONTEST

Each player draws a deep breath and, at a signal, each player says, "EE" for as long as his breath holds out. The person whose breath sustains him the longest wins. No second breath may be taken.

'TWIXT CUP AND LIP

Give each contestant a full cup of water and a teaspoon. At a signal, each contestant drinks the water by transferring it, like soup, with the spoon from the cup to his mouth. The first to empty his cup wins.

"BROAD JUMP"

Measure the length of each contestant's right foot. The person with the longest foot wins the "Jump".

Variation: The breadth of a contestant's smile may be substituted for the length of his foot.

"MARATHON RACE"

Measure the height of every contestant, and award the prize to the tallest for rising to such height.

HOW DRY I AM.

Give each contestant 4 soda crackers. At a signal, contestants begin to eat the crackers. Each contestant must whistle as soon as he can after eating his 4 crackers. The contestant who first whistles clearly is the winner.

APPENDICES

A--

The lack of sight is no barrier to full participation in most card games. Playing cards marked in Braille, in Moon Type, or, for those with poor vision, in enlarged print, may be purchased through Salesroom Services, at the address concluding Appendix C. If your group plays cards often, we suggest that you purchase Hoyle's The official Rules of Card Games. This authoritative book will settle questions concerning the rules of most card games.

Among the table games adapted for the blind, Bingo, checkers, chess, croquinole, dominoes, High-Q, scrabble and several puzzles may be purchased through Salesroom Services, at the address concluding Appendix C.

B--

We should also like to draw your attention to such widely sold games as: darts, monopoly, swing bowls, team cootie, etc. which are stocked by most large toy departments, and in which the blind delight to participate, with a little help from sighted friends.

C--

For information about such games as: Carpet bowling, horseshoe pitching, lawn bowling, quoits and shuffleboard - write the Recreation Department at the address concluding this appendix.

The Recreation Department is often able to obtain substantial discounts on the retail price of many games; write to that Department for further information about possible discounts. For advice on any other games in which your group might be interested, write to the Recreation Department at the following address:

The Canadian National Institute
for the Blind,
929 Bayview Avenue,
Toronto 17, Ontario.

The End.

TWT/rm.

HV1765
C

c.1

C.C.R. - C.N.I.B.

Recreation for the blind revised
edition.

Date Due

HV1765
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C.C.R. - C.N.I.B.

AUTHOR

Recreation for the blind
TITLE

revised edition. (1957)

DATE
~~LOANED~~ Due

BORROWER'S NAME

Reference Copy
~~B/H 9-78 to H/n~~

